



UnstoppABLE. Join us at the Columbus Buddy Walk!

Sunday, September 29, 2024
9 AM - 2 PM
Fortress Obetz
 2015 Recreation Trail | Obetz

DSACO is thrilled to announce the much-anticipated 2024 Columbus Buddy Walk®! This is an incredible opportunity for us to come together, unite for a common cause, and raise vital funds. Whether you have Down syndrome, know someone who does, or simply want to show your support, now is the time to donate or register!

Let's spread the word and celebrate the amazing people with Down syndrome who inspire us every day. The event promises to be a day filled with fun and family-friendly activities for everyone to enjoy. Get ready for a memorable experience featuring a DJ, music, cheerleaders, exciting inflatables, a toddler zone, local food trucks, and even a chance to explore and interact with fascinating vehicles at

the touch-a-truck exhibit.

This event serves as a platform to celebrate the incredible accomplishments of people with Down syndrome while also supporting the vital work of DSACO, including promoting inclusion for people of all abilities. We invite you to show your support for the unstoppABLE community by creating a team, registering to walk, donating, or becoming an event sponsor.

Join us at the 2024 Columbus Buddy Walk® to celebrate the achievements of the Down syndrome community!

To register or donate: columbusbuddywalk.org

5

SUMMER & FALL PROGRAMS

Summer 2024

11

ADULT CONFERENCE

14

HISPANIC HERITAGE MONTH



3/21 UPDATE

Summer is HERE... and it's hard to believe we are already halfway through celebrating our 40th anniversary. We have loved hearing your stories and celebrating with you all!

While so much has changed in 40 years, the core of our organization has remained dedicated to listening, empowering, and elevating your voices for new programs, services, and advocacy that leads to meaningful change. YOU have fueled our rich past and continue to drive our mission each day. Our past helps us define who we are today, and our core values will help us refine the strategy and future of our work on the road ahead.

3 Advocacy. We aspire to meaningful, positive change as we gather the collective voices of people with Down syndrome and their families. Progress happens when a strong, unified voice is heard. DSACO has always advocated for our community. And now, as we launched ElevateDD earlier this year, it too is a strong advocate for our community and families. Check out what ElevateDD is doing for our community regarding child care at elevatedd.org/childcare.

2 Rigor & Results. With every step-- big or small-- we pour everything we've got into attaining significant support for our families. And we work fearlessly to measure our impact. For example, the Adult Conference has become a source of real change -- opening our eyes to the needs, desires, and hopes of adults with Down syndrome. Over the years, this conference has created an opportunity for us to listen, respond, create, and measure the impact. Feedback from this conference resulted in Adult Literacy Ohio-- and more connectivity for families, like the new group we recently launched for parents of adults with Down syndrome.

1 Innovation. Great solutions often require a lot of listening, discussion, grit... and harnessing the resources necessary in order to implement our ideas. One of the most valuable ways we have been afforded the ability to continue to innovate is through generous and unrestricted donations.



Columbus Buddy Walk, our largest and one of our most beloved events, has been our "secret sauce" in fueling ideas that lead to our ability to do MORE. Things like Learning Aid Ohio and Adult Literacy Ohio were initially built only for DSACO families but can now continue today to serve the Down syndrome community and the broader developmental disability community in Ohio. The funds we raise through the Columbus Buddy Walk will continue to benefit the Down syndrome community, with the models and programs we build now positioned to benefit the broader developmental disabilities communities through ElevateDD.

We are truly honored to serve you and your families each and every day. So let's keep celebrating, dreaming, and sharing our stories. It leads to real change.

Kari Thomas

ElevateDD
President and CEO

Meet Cariloop: Your Dedicated Caregiver Support Service



DSACO families have access to unlimited support from experienced Care Coaches who can guide you through all parts of your unique caregiving journey. No matter who you are caring for - young children, aging loved ones, and even friends - a Care Coach is available at no cost to you!

Caring for loved ones is not easy. When you're managing several things at once, like working full-time while caring for children, parents, and even friends, we know how common it is to quickly feel burned out.

What is Burnout?

A form of exhaustion caused by the result of excessive and prolonged emotional, physical, and mental stress.

Symptoms of Caregiver Burnout

- Feelings of constant stress and/or anxiety
- Anger or frustration toward the person you are caring for
- Trouble sleeping
- Social withdrawal from your normal activities

If you are experiencing several of these symptoms, it might be time to acknowledge what could be happening and reach out to someone. It's not always possible to prevent burnout, but you don't have to go through it alone. A Care Coach can help you manage your stress.

Self-care Tips to Limit Burnout from Cariloop's Care Coaches

- Plan ahead as much as possible—childcare, housekeeping, meal planning, etc.
- Be intentional in scheduling time for yourself.
- Create self-care goals—activities like taking breaks, going on walks, picking up a new hobby, volunteering, attending a local support group for caregivers, etc.
- Seek support from your social circle by nurturing relationships and creating moments where you can talk with someone who will uplift you (a mentor, pastor, friend, relative, etc.).
- Focus on your own health. Make sure you are eating healthy foods, up to date on your own doctor's visits, and checking on your own health.

Try to remember that you cannot get it 'wrong': every caregiving journey is different. If you try something and it doesn't go well, take a step back, evaluate, and then try something new. If you feel like you are experiencing burnout, a Care Coach can help create a plan, manage your stress, and shoulder some of your most stressful care coordination tasks. Everyone's journey is different, and our Care Coaches will help you find what works best for you.

DSACO is providing you with access to caregiver support from Cariloop at no cost. To get paired with your own dedicated Care Coach today, reach out to **Kirsti Osborne** at kosborne@dsaco.net.

Celebrating New Arrivals! DSACO's New Parent Celebration

Saturday, August 10

10 AM - 12 PM

Better Together Playnasium

5089 York Rd. SW
Pataskala, OH 43062

A new baby is a joyous occasion, and DSACO wants to help you celebrate! We're inviting families who have welcomed a child with Down syndrome in the past year to our New Parent Celebration!

Join us for a delicious brunch and enjoy time connecting with other new parents. Additionally, families will enjoy exclusive access to the Better Together Playnasium—a sensory-friendly play space located in Pataskala that embraces the values of inclusion and acceptance for all children.

To register: dsaco.net/newparent-celebration

Questions? Contact Courtney Frost at cfrost@dsaco.net.



TEEN & ADULT QUARTERLY OUTREACH EVENT

Teen & Adult Inclusive Pool Party

Saturday, July 6 | 7-8:30 PM

Highlands Park Aquatic Center

245 Spring Road
Westerville, OH 43081



Join us in welcoming summer with a burst of excitement! Teens and adults with Down syndrome (13+), along with their families and friends, are invited to join us at Highlands Park Aquatic Center for an inclusive pool party. Immerse yourself in a serene, nature-inspired setting designed for carefree enjoyment under the sun. The Aquatic Center offers a thrilling array of amenities, including speed and body slide towers, a playful spray playground, and a relaxing lazy river. With such diverse options available, you and your loved ones are guaranteed to experience endless fun and laughter!

To register: dsaco.net/teenpoolparty, by July 1st.

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Celebrate Down Syndrome Awareness Month in October with DSACO's Classroom Awareness Packets!

Attention educators, parents, and advocates: DSACO is thrilled to announce the relaunch of our Classroom Awareness Packets for Down Syndrome Awareness Month! These packets are designed to support educators and celebrate Down Syndrome Awareness Month in classrooms everywhere in October.

Equip educators with the tools they need to facilitate meaningful discussions about diversity and acceptance. Through the Classroom Awareness Packets, you can help raise awareness and foster an inclusive learning environment for all students.

Stay tuned for the official launch of DSACO's Classroom Awareness Packets and details on where they will be available for pick-up!

Questions? Contact Emily Callahan at ecallahan@dsaco.net.



Beginner Golf Clinic

Monday, July 15 | Sessions from 1-5:15 PM

The Country Club at Muirfield Village
8715 Muirfield Drive
Dublin, OH 43017

MORE INFO



Join us for an exciting beginner golf clinic on Monday, July 15, with sessions running from 1 PM to 5:15 PM at the Country Club at Muirfield Village in Dublin, OH. This incredible event, hosted in partnership with DSACO's Golf Classic and Golf Galaxy, is specifically designed to introduce kids, teens, and adults with Down syndrome to the wonderful world of golf. Whether they've never swung a club before or are looking to enhance their skills, this clinic is the perfect opportunity for young enthusiasts to get a taste of the game.

No prior experience or equipment is necessary to participate in this clinic. We'll provide all the necessary golf clubs and equipment, so your child can simply come and enjoy the experience. We believe in creating a supportive and inclusive environment, so siblings are more than welcome to join in the fun too.

To register: dsaco.net/golfclinic

Questions? Contact Evanthia Brillhart at ebrillhart@dsaco.net.



Announcing the Relaunch of DSACO's IEP Kits for the 2024-2025 School Year!

Are you a parent or caregiver navigating the complex world of Individualized Education Plans (IEPs)? DSACO has exciting news for you! We are thrilled to announce the relaunch of our IEP Kits for the 2024-2025 school year! These kits are designed to empower families with the tools and resources needed to navigate the IEP process effectively.

Registration for DSACO's 2024-2025 IEP Kit will open on Thursday, August 1st! Keep an eye out for more information on how DSACO is here to support families on their journey through the IEP process.

To register:
dsaco.net/iepkit

Questions? Contact Emily Callahan at ecallahan@dsaco.net.

MORE INFO





Family Pumpkin Patch Event

Enjoy an afternoon with DSACO at Van Buren Acres or Lehner's Pumpkin Farm!

Sunday, September 22

3 - 5 PM

Ages: All ages!

Van Buren Acres
5066 Keller Road
Hebron, OH 43025

Lehner's Pumpkin Farm
2920 OH-203
Radnor, OH 43066

MORE INFO



Join DSACO as we welcome in the fall season with our Family Pumpkin Patch Event, hosted at two convenient locations for the ease of families and where they live. Spend your afternoon with other DSACO families for some seasonal fun either at Van Buren Acres or Lehner's Pumpkin Farm!

At **Van Buren Acres**, get lost in their Corn Maze and Sunflower Trails, take a ride on a cow-train, or meet some cute farm animals. With many different activities to do, there's something for everyone to enjoy! Light snacks will be available from 3-5 PM, along with a space to sit down and relax. Families are welcome to stay and enjoy the fun activities as long as you want.

Or, join DSACO at **Lehner's Pumpkin Farm** and immerse yourself in the joy of fall with a pumpkin-themed adventure. Whether you're a fan of pumpkin spice or not, we guarantee you'll have a blast. This event offers an excellent opportunity to embrace the season, connect with other DSACO families, and partake in festive autumn activities. Prepare for a day filled with laughter, fun, and unforgettable memories as we celebrate the vibrant spirit of fall together!

To register: dsaco.net/countyoureach

Questions? Contact Courtney Frost at cfrost@dsaco.net or Boo Krucky at ekrucky@dsaco.net.



Behavioral Challenges Webinar

Understanding Behavioral Challenges in School-Aged Children with Down Syndrome

Tuesday, August 13 | 7 - 8:15 PM

Zoom

Age: Parents of School-Aged Children

Children with Down syndrome often face unique behavioral challenges that require specialized support, awareness, and understanding from educators, parents, caregivers, and professionals. These challenges can impact their learning, social interactions, and overall well-being. This webinar aims to provide insights into the behavioral challenges commonly observed in school-aged children with Down syndrome. It will explore the underlying factors contributing to these challenges, such as cognitive differences, communication barriers, sensory sensitivities, and social development. By understanding the root causes, participants can effectively tailor interventions and support strategies to meet the diverse needs of their child.

The webinar will be hosted by:

Vanessa Rodriguez PhD BCBA-D MPH

Clinical Psychologist, Nisonger Center Clinical Support Services

To register: dsaco.net/behavioralwebinar

Questions? Contact Katie Garcia at kgarcia@dsaco.net.



Connecting Parents of Adults Group

Thursday, July 18 | 6-8 PM

Thursday, September 19 | 6-8 PM

BASH! by Young & Wild

679 High Street B

Worthington, OH 43085

Our first Connecting Parents of Adults gathering was such a success that we will continue meeting monthly on the 3rd Thursday of each month! This monthly gathering offers DSACO dads, moms, and other caregivers* of adults with Down syndrome (age 18+) a platform to exchange stories, discuss needs, address concerns, brainstorm ideas, and share laughs. Whether you attend one session or all, it promises to be a meaningful evening out. DSACO will provide dinner.

*If not having care for your loved one will prohibit you from attending, please contact Cathy Gibson at catgibson@msn.com or Boo Krucky at ekrucky@dsaco.net to discuss alternatives.

To register: dsaco.net/connecting-parents

Questions? Contact Boo Krucky at ekrucky@dsaco.net.



321go! 8-Week Healthy Lifestyle Series

Be Well with Friends

August 5, 12, 19, 26

September 9, 16, 23, 30

6-7 PM

BASH! by Young & Wild

679 High St B

Worthington, OH 43085

The National Down Syndrome Society (NDSS) designed the 321go! program to promote healthy lifestyle choices in physical activity, balanced nutrition, and emotional wellness among people with Down syndrome and their families. We are excited to offer an 8-week healthy lifestyle class series based on the 321go! program, with the support of seven OSU Medical School students. This class is for adults with Down syndrome (18+) who have not yet taken a DSACO 321go! class.

Previous 321go! participants who would like to volunteer as peer mentors to support their peers during these classes can email Boo Krucky at ekrucky@dsaco.net before August 30.

Registration opens on July 15.

Register at: dsaco.net/321go

Questions? Contact Boo Krucky at ekrucky@dsaco.net.



MORE INFO



Calling All High Schoolers!

Food! Games! Fun! Sounds like the perfect high school get together. Every month, the DSACO High School Social Group plans an exciting outing at a different location for high school teens with Down syndrome. These events are perfect for older teens that are mostly independent and looking to connect with peers.

Families are welcome to stay or drop off and pick up. Parents are strongly encouraged to foster independence. Volunteer support is provided. The goal is to help teens enjoy time together and build confidence in their ability to interact with friends on their own.

Inclusive Teen & Adult Pool Party*

Saturday, July 6 | 7-8:30 PM

Highlands Park Aquatic Center

245 S. Spring Road, Westerville, OH 43081

**No food will be included with this event*

Bingo & Pizza

Wednesday, August 7 | 6:30-8 PM

Taranto's Pizzeria

1282 E. Powell Road, Lewis Center, OH 43035

Family Pumpkin Patch Event

Sunday, September 22 | 3-5 PM

**See page 6 for more details & registration!*

Hosted by DSACO with the support of volunteers. Food and drinks provided by DSACO, unless otherwise noted. Events are free for teens but registration is required.

To register: dsaco.net/hssocialgroup

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

MORE INFO



Aging & Down Syndrome Caregiver Support Group

July 23, August 27, September 24

6-7 PM

Virtual

Join us for the DSACO Aging & Down Syndrome Caregiver Support Group, held monthly via Zoom. This support group, in partnership with the Central Ohio chapter of the Alzheimer's Association, is specifically designed for caregivers of aging people with Down syndrome.

During each session, caregivers will find emotional support, as well as opportunities to share their experiences and resources. Given the higher prevalence of Alzheimer's and dementia in the Down syndrome community, these topics will receive special focus. All caregivers of aging people (40 years old or older) with Down syndrome are welcome to participate.

We will meet via Zoom to include caregivers across our entire service area.

To register: dsaco.net/agingsupport

Questions? Contact Boo Krucky at ekrucky@dsaco.net.



Explore Your Creativity with Adult Stamping Club

Adult Stamping Club is a hands-on social group for adults with a developmental disability and/or Down syndrome. We get together to develop paper crafting skills and create one-of-a-kind greeting cards to give to family and friends. We provide the supplies. You provide the creativity!

Stamping Club—Central (18+)

First Wednesdays

July 3, August 7*, September 4

6:30-8 PM

Westerville Public Library

126 S State St, Westerville, OH 43081

**August 7th date will take place at Old Worthington Library, 820 High Street)*

Stamping Club Central Contacts:

Sue Leppert

614.354.0658

sdlbuckeye@aol.com

Sandie Trask-Tyler

614.593.5703

trasktyler@gmail.com

To register for these free classes, email Sue and Sandie at least one week in advance of the meeting date.

Stamping Club—East (16+)

Second Tuesdays

July 9, August 13, September 10

6-7 PM

Licking County Board of Developmental Disabilities (LCBDD)

116 N 22nd Street, Newark, OH 43055

Stamping Club East Contacts:

Gail Hubert

614.570.7559

hubert3879@gmail.com

Wanda Krupp

740.334.3417

kruppsx4@gmail.com

Robin Bussey

740.322.6951

robin.bussey@lcountydd.org

To register for these free classes, email a contact above at least one week in advance of the meeting date.

Cooking with You... and Who? Virtual Cooking Classes

Meets the 2nd and 4th Wednesdays of each month

July 10 & 24, August 14 & 28, September 11 & 25

5:30 – 6:30 PM

Virtual – Zoom Session



Twice a month, DSACO will host a 60-minute virtual cooking class via Zoom for adults (18+) with Down syndrome. Each session includes step-by-step instructions, discussions on cooking terms, how-to ideas, gadgets, food and kitchen safety, and more. Recipes will be simple, requiring only basic ingredients commonly found in most kitchens. Some recipes will be gluten-free or offer a gluten-free option.

Recipes are sent in advance so participants can purchase the needed ingredients. Then, join us over Zoom from your own kitchen to cook along

You'll need access to a computer, laptop, or screen with a camera in your kitchen. And it's a great idea to invite a support person to be on-hand to join in the fun—and taste the results!

To register: dsaco.net/virtualcookingclass

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Adult Improv Class Series

Laugh & Learn 10-week Series

September 9, 16, 23, 30, October 7, 14, 21, 28 & November 4, 11

6:30 - 8 PM

Ruling Our eXperiences (ROX)

1335 Dublin Road #18A
Columbus, OH 43215



COST: \$100

The improvisational fun continues with our Adult Improv classes! DSACO is excited to offer a fall session of improv classes for individuals with Down syndrome, ages 18 and up. Our much-loved instructor, Jake Lees, is returning to lead interactive and creativity-inspiring activities that positively impact eye contact, listening skills, quick thinking, voice projection, and teamwork. Both returning participants and those new to improv are welcome!

Registration opens on August 2. Class size is limited to ten participants, so register early as this is sure to fill up quickly!

To register: dsaco.net/improv

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Community Access Funds - Experience It All!

Community Access Funds, a program designed to offer financial reimbursement to people with Down syndrome, is available to DSACO families! These funds can be utilized for inclusive activities in the community, with a maximum reimbursement of \$250 per year!

Community Access Funds can be used for recreational activities, education, music*, art, and more.

Upcoming Important Dates:

Q3 | Submit form & receipts by September 15 for payment by September 30

To apply: dsaco.net/parents-caregivers

**Music & Performing Arts activities are generously supported in memory of Ann Barbour.*



ALL INcluded: Adult Conference 2024

August 23-25, 2024

Cherry Valley Hotel

2299 Cherry Valley Rd SE
Newark, OH 43055

COST: \$50/person

If you have Down syndrome and are 18 years old or older, we hope you and your parents will join us for this year's Adult Conference! Thanks to the generous support from our friends at Philipps & Graham, LLC, we'll gather from Friday, August 23rd through Sunday, August 25th, at the Cherry Valley Hotel in Newark for a weekend of friendship, learning, and fun!

The weekend will be packed with social activities and informative breakout sessions. We're excited to feature nationally recognized presenters, Katie Frank, PhD, OTR/L, and Brian A. Chicoine M.D., from the Adult Down Syndrome Center in Chicago. On Saturday, we will host four breakout sessions tailored to distinct groups: sessions specifically for adults with Down syndrome, others for parents or caregivers, and some designed for everyone.

A midday performance by a string quartet from CSO Cares will be followed by dinner on your own. To wrap up the day, adults with Down syndrome will enjoy a Silent Glow Disco while parents have their own informal get-togethers!

The \$50 per person fee covers all sessions and supplies, breakfast and lunch on Saturday, and breakfast on Sunday. DSACO families can book their own discounted hotel room at Cherry Valley Hotel using the discount code "DSACO." One room per family, please.

To register: dsaco.net/adultconference by August 9.

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

MORE INFO





Buddy Walk Dancers Needed

September 8, 15, 22 | 4-5 PM

DSACO Office Parking Lot

510 E. North Broadway
Columbus, OH 43214

If you've ever been to the Buddy Walk, you've probably seen our "Welcome to the DSACO Family" dances performed by a group of adults with Down syndrome for our new families. Lots of practice goes into those dances! If you are 18 or older and would like to be part of the Buddy Walk Dance troupe, these practices are for you! No dance experience is needed.

Questions? Contact Boo Krucky at ekrucky@dsaco.net.

Adopt-A-Family: Save the Date

Everyone deserves to experience the joy of the holiday season. Whether you need a little help during the holidays or have the means to provide assistance, you can participate in making the season brighter for everyone. In 2023, donors and local community organizations provided gifts, handmade blankets, basic needs items, and gift cards to 92 families, all with a child with Down syndrome. DSACO families requesting assistance for the holiday season are welcome to apply beginning November 1st.

More info: dsaco.net/adoptafamily

Questions? Contact Kirsti Osborne at kosborne@dsaco.net.

Golf Classic Happy Hour

Come Join the Fun after DSACO's Golf Classic

Monday, July 15 | 6-8 PM

The Country Club at Muirfield Village

8715 Muirfield Drive
Dublin, OH 43017

COST: \$40

You're invited to join us after the Golf Classic wraps up for a 40th anniversary celebration of a casual dinner, live music and cash bar! Check out the auction in-person and bid on your favorite items. Happy hour tickets are available for purchase. If you're already golfing in the outing, this is already included in your registration!

To register: dsaco.net/golfclassic

Questions? Contact Evanthia Brillhart at ebrillhart@dsaco.net.

Golf Classic Online Auction

Raise money for DSACO!

Join in the fun by bidding on some incredible packages in the Online Auction accompanying our Golf Classic this year! You could win Columbus Crew S.C. tickets, rare bottles of Maker's Mark bourbon, and more! Plus, proceeds benefit DSACO and help fund many of the programs featured in this newsletter.

Auction launches on July 1.

Check it out: dsaco.net/golfclassic

SOMALI OUTREACH EVENT

You're Invited to celebrate Eid Al Adha!

Saturday, June 22 | 5:30 - 7:30 PM

Rockin' Jump

1220 County Line Rd
Westerville, OH 43081

We would love to celebrate Eid Al Adha with you and your family! Please join us at Rockin' Jump where we will have a full day filled with fun, games, and food! Let's continue making new friends in the community!

We are so excited to be able to celebrate this joyous day with our DSACO families! See you there!

More Info: dsaco.net/somalioutreach

Questions? Contact Amina Said at asaid@dsaco.net.

Somali:

Waxaa lagugu martiqaaday inaad u dabaaldegtu Ciidul Adxaa!

Waxaan jeclaan lahayn inaan kula ciidno adiga iyo qoyskaagaba Ciidul Adxaa! Fadlan nagula soo biir Rockin Jump halkaas oo aan ku yeelan doono maalin ay ka buuxdo oo ay madadaalo, ciyaaro, iyo cunto! Aan sii wadno samaynta saaxiibo cusub oo bulshada dhexdeeda ah!

Haddii aad wax su'aalo ah qabtid, fadlan kala soo xidhiidh Aamina Siciid at asaid@dsaco.net. Tani waa xaflad bilaash ah oo loogu talagalay qoysaska DSACO (Waalidiinta iyo walaalaha waa la soo dhaweynayaa).

Fadlan isdiiwaangeli ka hor Juun 7-keeda, wixii macluumaad dheeraad ah fadlan booqo dsaco.net/events/somalioutreach.

Aad ayaan ugu faraxsanahay inaan awoodno inaan la dabaaldegnu maalintan farxadda leh qoysaskayada DSACO! halkaa aan isku aragno!



BLACK AND AFRICAN AMERICAN OUTREACH EVENT

Family Exploration Day at COSI

Saturday, August 17 | 11 AM - 1 PM

COSI

333 West Broad Street
Columbus, OH 43215

MORE INFO



Get ready to embark on a fun adventure day at COSI! We are all about inspiring curiosity and making magic happen in the world of science, tech, and industry. Please join us for a day of exploration! DSACO will cover the cost of admission and snacks for people with Down syndrome and their immediate family members. Get ready to dive into a day filled with wonder, discovery, and unforgettable memories.

Please note that parking is not included. If you decide to use the underground car park below COSI, the general parking fee will be \$10 for the entire day.

This event is free for DSACO families (parents and siblings), but registration is required before August 4, 2024.

To register: dsaco.net/africanamericangroup

Questions? Contact Vanessa Armenta at varmenta@dsaco.net.

MES DE LA HERENCIA HISPANA

Desde mediados de septiembre celebramos la cultura y las contribuciones de los estadounidenses con raíces en España, México, América Central, América del Sur y los países hispanohablantes del Caribe.

En 1968, el Congreso autorizó al presidente Lyndon B. Johnson a que proclamara la Semana Nacional de la Herencia Hispana, que incluía 15 de septiembre.

Veinte años más tarde, el 17 de agosto de 1988, el presidente Ronald Reagan reiteró un reconocimiento más amplio de los estadounidenses de origen hispano y para ello el Congreso aprobó una ley que extendió la celebración por un periodo de 31 días al que se denominó Mes Nacional de la Herencia Hispana – desde el 15 de septiembre al 15 de octubre, fecha significativa por el aniversario de la independencia de algunos países latinoamericanos como Costa Rica, El Salvador, México, Guatemala, Honduras y Nicaragua.

¡Feliz Mes de la Herencia Hispana!

English:

Starting on September 15, we celebrate the rich culture and invaluable contributions of Americans with roots in Spain, Mexico, Central America, South America, and the Spanish-speaking nations of the Caribbean.

In 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week, which included September 15th. Twenty years later, on August 17, 1988, President Ronald Reagan called for a broader recognition of Hispanic Americans. Congress then passed a law extending the celebration to a 31-day period, now known as National Hispanic Heritage Month – from September 15 to October 15.

The timing holds significance, as it encompasses the anniversary of independence for several Latin American countries, including Costa Rica, El Salvador, Guatemala, Honduras, Mexico, and Nicaragua.

Join us in honoring the vibrant Hispanic heritage woven into the fabric of our nation during this annual commemoration

Happy Hispanic Heritage Month!



¡Estamos muy emocionados de invitarlas al grupo Spanish Speaking M.O.M.S!

Este grupo permite a las mamás de habla hispana de DSACO tener la oportunidad de compartir historias, necesidades, inquietudes e ideas. Únanse a nosotras para una divertida tarde de plática y relajación.

DSACO cubrirá el costo de alimentos y bebidas no alcohólicas.

Spanish Speaking M.O.M.S se reunirá trimestralmente, para más información por favor visite dsaco.net/events.

Contacto del grupo:

Yirha Torres | 661-609-3231

Reunion Virtual Familias Hispanas/Latinas de DSACO

Jueves Agosto 8 | 7-8 PM

Virtual en Zoom

Sigamos conociendo y creando lazos de apoyo en nuestra comunidad, los invitamos a la próxima reunión virtual del Grupo de Familias Latinas de DSACO.

¡Los espero para platicar sobre próximas oportunidades y aprender más sobre nuestros programas de una manera muy divertida en donde tendremos varias sorpresas! No se lo pueden perder.

Para mayor información: dsaco.net/latinooutreach

¿Preguntas?: Por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net

English:

Thursday, August 8 | 7-8 PM

Virtual on Zoom

Let's continue creating bonds of support in our community, we look forward to seeing you at the next virtual meeting of the DSACO Latino Families Group.

Looking forward to talking about upcoming opportunities and learning more about our programs in a fun way where we will have surprises! You can't miss it.

For more information: dsaco.net/latinooutreach

Questions? Contact Vanessa Armenta at varmenta@dsaco.net.



Picnic Anual para Familias Hispanas/Latinas

Sabado Septiembre 7 | 10 AM - 2 PM

Windsor Park Dream Field Shelter

4408 Broadway
Grove City, OH 43213

Salir de la rutina diaria y disfrutar de un entorno diferente tiene un impacto positivo en el estado de ánimo de las personas.

Los invitamos al picnic anual de Familias Hispanas/Latinas de DSACO! Nos encantaría contar con su presencia y disfrutar de una mañana en donde podrá disfrutaremos de varias actividades como lotería, pinta caritas y juegos, además de conversar y conectar con otras familias.

Para mayor información: dsaco.net/events

¿Preguntas?: Por favor envíe un correo a Vanessa Armenta a varmenta@dsaco.net

English:

Saturday, September 7 | 10 AM - 2 PM

Windsor Park Dream Field Shelter

4408 Broadway
Grove City, OH 43213

Getting out of the daily routine and enjoying a different environment has a positive impact on people's mood.

We invite you to DSACO's annual picnic for Hispanic/Latino Families! We would love to have your presence and enjoy a quiet and relaxed morning where you can enjoy a meal, bingo, face painting and games, as well as connecting with other families.

For more information: dsaco.net/latinopicnic

Questions? Contact Vanessa Armenta at varmenta@dsaco.net.



Medically Speaking

with Brianna Wall, MA, CCLS

Ohio State University Wexner Medical Center/The James

What is Child Life?

Certified Child Life Specialists (CCLS) are medical professionals who work alongside patients and families to assess developmental impacts, stressors, and promote coping with healthcare experiences. Child life services are often found in children's hospitals, but the profession is expanding to serve families in adult healthcare settings, as well. CCLS are uniquely prepared to support patients and families who have children with Down syndrome and/or other developmental disabilities.

What does child life support look like?

Child life support can look a variety of ways! This is the best aspect of our services, because we know the needs of each person and family are different. All child life services begin with assessment. We want to learn more about your family, child(ren), concerns, coping preferences, sensory sensitivities, previous experiences and whatever else may be pertinent to your situation.

Next, we work with families to create a plan to make these tough healthcare experiences go as smoothly as possible. We help families navigate advocacy in the medical setting with medical staff. This can be preparing a child for an upcoming appointment, procedure, surgery, or admission when the child is the patient. Sometimes this looks like preparing a child to see a loved one with new medical equipment or in the hospital. We can help prepare children through use of photos, social stories, prep books, and medical play. Medical play is where we use sample (and oftentimes real) medical equipment to teach, desensitize, and prepare children for what they'll experience.

We discuss developmentally appropriate language to explain diagnoses, procedures, or changes that result from healthcare experiences. We offer suggestions for coping strategies or activities that might provide space and opportunity for children to express how they're feeling. We know that not every child and individual is able to identify or express their emotions through words. Therefore, we add a creative spin to these therapeutic activities to meet people where they are, in the ways they best understand.

Is child life support just for children?

The long and short answer is no. As professionals, we truly believe what impacts one member of the family impacts the entire family. Sometimes support, especially in adult healthcare settings, is a conversation between the CCLS and family—to empower them and bolster confidence before having a hard conversation with the kids. There are many times that we help support children without even meeting them face-to-face. Through this child life lens, we can support children by providing support for those adults involved in their care.

If an individual is over 18, but receives care at children's hospitals, they are often still able to utilize traditional child life services. It is best to always ask what psychosocial services are available. Some organizations utilize CCLS to support adults with developmental disabilities. There is still room for growth in this area for the profession.

In my current role at The Ohio State University Comprehensive Cancer Center, we support children, adults with developmental disabilities, and their families when they have a loved one undergoing cancer treatment at The James. Our support services are available to families,

As professionals, we truly believe what impacts one member of the family impacts the entire family.

free-of-charge, inpatient and outpatient, as a part of our commitment to holistic patient care.

How can we connect?

To connect with child life services here at The James, call (614) 293-8877 or email us at ChildLife@osumc.edu. The best way to learn if child life services are available at other institutions is to ask! Child Life is a small profession, but it's through incredible opportunities such as this, where we can spread the word so that more families can receive this needed support.



Send Us Your Smiles

Be Part of our 2025 Faces in the Community Calendar

DSACO is now gathering photos for the 2025 Faces in the Community Calendar. We'd love to see your smiles included! Send us your own snapshots--or take advantage of a free professional family photo session to capture the perfect picture!

Families are invited to submit two (2) high-resolution images for inclusion in the calendar. Please visit dsaco.net/calendar to see a growing list of generous local photographers offering free photo sessions this summer or to find out how to submit your own photos for the 2025 calendar.

To submit photos: dsaco.net/calendar

DEADLINE TO SUBMIT PHOTOS: August 1, 2024

Questions? Contact Evanthia Brillhart at ebrillhart@dsaco.net.

Resource Groups

D.A.D.S.

Meets once per month | 6 PM
(Food will be ordered at 7 PM)

Monday, July 8 | Bogarta Pizza Cafe
Monday, August 5 | Hofbrauhaus
Monday, September 9 | Rooster's
Olentangy

Brian Stumpo
bstumpo@columbus.rr.com

Justin Whitley
whitleyj@icloud.com

For information:
facebook.com/groups/273.810.587540605

M.O.M.S. – Chillicothe
3rd Thursday of the Month | 6 PM

Roosters
10 N Plaza Blvd, Chillicothe

Thursday, July 18
Thursday, August 15
Thursday, September 19

Keely Wescott
redmnm0607@hotmail.com

Michelle Wallace
michelle_rn@outlook.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Delaware
2nd Wednesday of the Month | 6:30 PM

Yabo's Tacos
5915 Evans Farm Blvd. Suite H | Lewis Center

Wednesday, July 10
Wednesday, August 14
Wednesday, September 11

Crystal Vitullo
crystalmowry@gmail.com

Allison Schwab
allieb1220@gmail.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Marion
2nd Saturday of the Month | 7 PM

Mi Jalapenos
1360 Mount Vernon Ave, Marion

Saturday, July 13
Saturday, August 10
Saturday, September 14

Amanda Long
along51516@gmail.com

Dawn Brookes
dawn.m.brookes@gmail.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Marysville
3rd Saturday of the Month | 6 PM

Tres Potrillos Mexican Restaurant
435 Colemans Crossing Blvd, Marysville

Saturday, July 20
Saturday, August 17
Saturday, September 21

Katie Furr
katiel617@hotmail.com

Lauren Roush
lauren.roush1107@gmail.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Northwest
3rd Tuesday of the month | 6:30 PM

The Goat
4265 Brooklands Drive | Hilliard

Tuesday, July 16
No Meeting in August
Tuesday, September 17

Hannah Reid
hannahreid329@gmail.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Southeast
2nd Wednesday of the month | 6 PM

Zapatas Mexican Kitchen
1282 Hill Road North | Pickerington
or

Rooster's
1500 Stonecreek Drive S | Pickerington

Wednesday, July 10 | Zapatas
Wednesday, August 14 | Roosters
Wednesday, September 11 | Zapatas

Yirha Torres
dtcfamily4@gmail.com

Whitney Garrett
wpwalker86@gmail.com

For information:
facebook.com/groups/297.727.160607506

M.O.M.S. – Westerville
1st Thursday of the month | 6:30 PM

Rooster's
1041 Gemini Place | Columbus

Thursday, July 11* (moved due to holiday)
Thursday, August 1
Thursday, September 5

Lucy Pagán
lucillepagan@gmail.com

Jackie Johnston
jackierosejohnston@gmail.com

For information:
facebook.com/groups/297.727.160607506

PARENTS OF ADULTS HAPPENINGS:

**Aging and Down Syndrome
Caregiver Support Group (40+)**
4th Tuesday of the month | 6-7 PM

Zoom

July 23
August 27
September 24

Connecting Parents of Adult Group (18+)
3rd Thursday of the month | 6 PM

BASH! by Young & Wild
679 High Street B | Worthington

Thursday, July 18
No Meeting in August
Thursday, September 19

Little Buddies Parent Resource Group

Little Buddies Parent Resource Group is a monthly group for expecting and new parents or families of children with Down syndrome in the Central Ohio area. We offer support and information for families prenatally through preschool. Dinner and childcare are provided.

For information:
facebook.com/groups/339782022866623

Little Buddies - North

Monday, July 8 | 6:30 - 8 PM

Liberty Park Playground
 2845 Home Road | Powell

Join us for a summer picnic!

Monday, August 12 | 6:30 - 8 PM

All Saints Luthern Church
 6770 N High St | Worthington

Topic TBD

September - No Meeting

We'll see you at the pumpkin patch!

Jessica Huber
jesshuber86@gmail.com

Cory Guindon
righterc@gmail.com

Little Buddies - Southeast

Thursday, July 18 | 6:30 - 8 PM

Sycamore Creek Park Hilltop Shelter
 Hilltop Drive, Pickerington, OH 43147

Join us for a summer picnic!

Thursday, August 15 | 6:30 - 8 PM

Grace Fellowship
 575 Diley Road | Pickerington

Topic TBD

September - No Meeting

We'll see you at the pumpkin patch!

Whitney Garrett
wpwalker86@gmail.com

Jen McGhee
jenny.a.mcghee@gmail.com

TEEN & ADULT HAPPENINGS:

High School Social Group

Wednesday, August 7 | 6:30-8 PM
 Taranto's Pizzeria

Teen & Adult Inclusive Pool Party (13+)

Saturday, July 6 | 7-8:30 PM
 Highlands Park Aquatic Center

Adult Stamping Club Central (18+)

6:30-8 PM
 Westerville Public Library

July 3
 August 7 - Olde Worthington Library
 September 4

Stamping Club East (16+)

6-7 PM
 Licking County Board of DD (LCBDD)

July 9
 August 13
 September 10

Improv (18+)

6:30-8 PM
 Ruling Our eXperiences (ROX)

September 9, 16, 23, 30
 October 7, 14, 21, 28
 November 4, 11

Cooking with YOU...and Who? (18+)

5:30 - 6:30 PM | Zoom

July 10 & 24
 August 14 & 28
 September 11 & 25

DSACO's Adult Conference (18+)

August 23 - 25
 Cherry Valley Hotel

321go! Program (18+)

6-7:30 PM
 BASH! by Young & Wild

August 5, 12, 19, 26
 September 9, 16, 23, 30

Buddy Walk Dance Practice (18+)

4-5 PM
 DSACO Office Parking Lot

September 8, 15, 22

Stay Connected!

Stay up-to-date on all the events in your area by visiting **dsaco.net**.

We are also active on social media! Find us by searching these platforms:

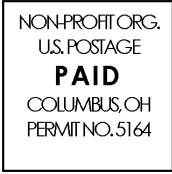


Facebook Groups:

- DSACO D.A.D.S.
- DSACO "Lending" Library
- DSACO M.O.M.S.
- DSACO Parents of Adults with Down syndrome
- DSACO Little Buddies - Down Syndrome Parent Resource Group
- Familias Latinas De DSACO
- DSACO Families with Medically Complex Needs
- DSACO's Black and African American Outreach Group

Our Mission: To support families, promote community involvement, and encourage a lifetime of opportunities for people with Down syndrome.

Keeping Up is a publication of the Down Syndrome Association of Central Ohio (DSACO), reporting items of interest relating to Down syndrome. DSACO does not promote or recommend therapy, treatment, institution, or professional system. Any editorials are the opinion of one person and not meant to represent the exclusive opinion of DSACO. DSACO is a 510(c)(3) non-profit organization. Contributions are fully tax-deductible.



Return Service Requested

CALENDAR *of* EVENTS

July

- 3 Adult Stamping Club Central
- 6 Teen & Adult Inclusive Swim
- 8 D.A.D.S., Little Buddies North
- 9 Adult Stamping Club East
- 10 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S.
- 11 Westerville M.O.M.S.
- 13 Marion M.O.M.S.
- 15 DSACO's Golf Classic, Beginner Golf Clinic
- 16 Northwest M.O.M.S.
- 18 Connecting Parents of Adults Group, Little Buddies Southeast, Chillicothe M.O.M.S.
- 20 Marysville M.O.M.S.
- 23 Aging & Down Syndrome Caregiver Support Group
- 24 Virtual Cooking Class

August

- 1 Westerville M.O.M.S.
- 5 D.A.D.S., 321go!
- 7 High School Social Group, Adult Stamping Club Central
- 8 Hispanic & Latino Resource Group
- 10 New Parent Celebration, Marion M.O.M.S.
- 12 Little Buddies North, 321go!
- 13 Behavioral Challenges Webinar, Adult Stamping Club East
- 14 Delaware M.O.M.S., Southeast M.O.M.S., Virtual Cooking Class
- 15 Little Buddies Southeast, Chillicothe M.O.M.S.
- 17 Marysville M.O.M.S., Black & African American Outreach Event
- 19 321go!
- 23 Adult Conference
- 24 Adult Conference
- 25 Adult Conference
- 26 321go!
- 27 Aging & Down Syndrome Caregiver Support Group
- 28 Virtual Cooking Class

September

- 4 Adult Stamping Club Central
- 5 Westerville M.O.M.S.
- 7 Hispanic & Latino Picnic
- 8 Buddy Walk Dance Practice
- 9 D.A.D.S., 321go!, Improv
- 10 Adult Stamping Club East
- 11 Virtual Cooking Class, Southeast M.O.M.S., Delaware M.O.M.S.
- 14 Marion M.O.M.S.
- 15 Buddy Walk Dance Practice
- 16 321go!, Improv
- 17 Northwest M.O.M.S.
- 19 Connecting Parents of Adults Group, Chillicothe M.O.M.S.
- 21 Marysville M.O.M.S., Buddy Walk T-Shirt Pick Up
- 22 Buddy Walk Dance Practice, Family Pumpkin Patch Event
- 23 321go!, Improv, Buddy Walk T-Shirt Pick Up
- 24 Aging & Down Syndrome Caregiver Support Group
- 25 Virtual Cooking Class
- 29 Columbus Buddy Walk
- 30 321go!, Improv

